

Preventable Risk Factors

■ Physical Inactivity —————▶

■ High blood pressure —————▶

■ High blood cholesterol —————▶

■ Smoking —————▶

■ Overweight —————▶

■ Poor nutrition —————▶

■ Not getting regular physical checkups —————▶

Heart Health Tips

Increase your physical activity or exercise to at least 30 minutes a day

Cut back on using salt

Cut back on fat in foods

Do not smoke

Keep your weight at a healthy level

Eat more fruits and vegetables

Get regular physical checkups

Know Your Health

Protect Your Heart



South Carolina Department of Health
and Environmental Control

Name: _____

| Date | Blood Pressure | Cholesterol | Weight |
|------|----------------|-------------|--------|
| | | | |
| | | | |
| | | | |
| | | | |

General Health Information

Your blood pressure should be **under:**
120 systolic
80 diastolic

Total blood cholesterol level should be under:
200

Please check with a health care provider for specific medical care, as DHEC is not responsible for clinical follow-up on your health status.

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For your height of _____, your weight should be approximately _____.